



Alliari Coffeehouse

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Caryl Lamont
Showing Art in May
entire month at
the coffee shop on
front of this card

Governor Vic Atiyeh & Artist Caryl Lamont
December 14, 2010

Presenting The Deer Medicine Staff
To My Good Friend Vic Atiyeh
A Man Of Great Wisdom
Gentle And Kind

A Man Who Has All The Qualities Of The Deer

"Deer Medicine" is a journey into well-being that springs from the Native American tradition of totem animals, or spirit guides, that accompany each person through life. It is especially important to Shawnee and Cherokee.

People who have the power of Deer Medicine are graceful, gentle, observant, and are in tune with nature and are able to mediate a sacred peace. Deer people are often said to be clairvoyant and clairaudient - they can see between the shadows, detect subtle movements and hear what is not being said. They are kind, intuitive, loving and peaceful.

Deer Medicine is healing energy. Those in contact with the way of the Deer are in tune with the spirit world and its gifts. Deer Medicine is gentle in word, thought and touch; it has the ability to listen, and moves with grace and appreciation for the beauty of balance.

Native wisdom tells us that the gentleness of the Deer arises from the heart of the Great Spirit, and this embodies love for us all. Deer Medicine teaches us to find the gentleness of spirit that heals all wounds, to stop pushing others to change and to love and accept them as they are. Those who walk with the Deer know that the only true balance to power is love and compassion.

Tatanka, or buffalo, was held in high regard by the Lakota people. The buffalo was respected as a symbol of the divine because the buffalo was a "banquet" for the people.

The creature gave up its own flesh and life to feed them. It provided for their every need by way of sheltering them with its hide over their tipis, covering their bodies as clothing and their feet as moccasins. Tatanka also provided everyday utensils such as needle and thread, awls, bowls and more. In this way, the buffalo was a true relative for the people - making life possible.

Because of the buffalo's great importance to the people, a buffalo symbol or buffalo skull is present in all sacred Lakota rituals. It stands as a reminder of this great animal which gives completely of itself for others. The buffalo is a symbol of self-sacrifice; it gives until there is nothing left.

This was imitated by the people in their lives. To be generous and give what you have to others in need, or to honor them, is one of the most highly respected ways of acting or being.